

Mindfulness/Writing Solo Exercise

Created by: Mithsuca & Nohemi

Duration: 10-30 minutes



Visualize presence -This exercise is to map out what different levels of being present feels like. It is a moment to pause, breath, and look inward. You will need:

- Paper
- Color pencils
- Optional: music, essential oils, candles, floor mat, pillow, blanket, crystals, etc...

We invite folks to:

1. To adjust their body so that they feel more comfortable. How can you shift to feel like you are in a cozy spot?
2. On your paper draw three 3 silhouettes that represent the body. These can be any size/form/shape- don't fill them in just the outline
3. Fill the first silhouette with a visual that represents how you are feeling in this moment. If you could give your feelings a color what colors would they be?
4. When you are ready, put down materials and close your eyes.
5. Begin the breath exercise below:

Alternative Nostril Breathing: Balance	WHY WOULD I DO THIS?	Breath: Sit in a comfortable position.. Breathe relaxed, deep, and full, as you practice
	Creates a relaxed, harmonious feeling, as it balances the left and right	Inhale through the left nostril (Close your right nostril with your right thumb)
		Exhale through your right nostril (Close your left nostril with your right index or ring finger)
		Inhale through your right nostril (Close your left nostril with your

Mindfulness/Writing Solo Exercise

Created by: Mithsuca & Nohemi

Duration: 10-30 minutes

	hemispheres of the brain.	right index or ring finger) Exhale through your left nostril (Close your right nostril with your thumb) Repeat for 5 more rounds or until you feel ready to document how you feel
--	---------------------------	---

6. While you continue to breathe deeply and focus on your breath, select drawing materials and fill the second silhouette with a visual that represents what you are experiencing in this moment, highlighting sensations, emotions, etc. all throughout continuing to center your breath. When you finish close your eyes, sit back and return to Alternative Nostril Breathing.

Inhale through the left nostril (Close your right nostril with your right thumb)

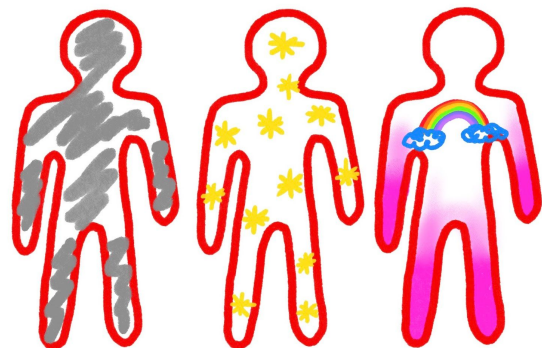
Exhale through your right nostril (Close your left nostril with your right index or ring finger)

Inhale through your right nostril (Close your left nostril with your right index or ring finger)

Exhale through your left nostril (Close your right nostril with your thumb)

Repeat for 3 more rounds or until you are done

7. When you are done breathing:
 - a. Wiggle your fingers
 - b. Move your neck in circles
 - c. Stretch really big
 - d. Stand up and touch your toes
 - e. Move in a way that feels



8. The last silhouette represents the body after mediation, how does it feel? If you were to give colors to your figure what colors would they be?

Mindfulness/Writing Solo Exercise

Created by: Mithsuca & Nohemi

Duration: 10-30 minutes

Writing and Responding - If you would like to spend time journaling about your experiences respond to the following prompt:

I feel most present/mindful when...

Wherever you decide to finish- THANK yourself for showing up for yourself and taking time with yourself to look in. Give yourself a hug.

Resources:

Inspiration- <https://m.youtube.com/watch?v=S66GAREY-L4>

Alternate Nostril Breathing-

<https://www.youtube.com/watch?v=G8xIEzX40bA>

<https://www.youtube.com/watch?v=l11qFpRqhlQ>